

# Wheelchair Odometers



Monitoring your physical activity with a wheelchair odometer is useful for setting your personal physical activity goals. Similar to pedometers used by walkers, an odometer measures the distance covered while manually pushing yourself in a wheelchair.

## ***Installation Tips:***

- Basic digital odometers designed for bicycles can be used on wheelchairs.
- Select a “wired” as opposed to a “wireless” model. The battery will last longer.
- Follow the general instructions for bicycle mounting, but adapt them as necessary for your chair. For example, mount the sensor attached to the wire on the frame under the seat and run the wire along the frame to the front uprights where the display can be mounted and accessed. Most bicycle shops can help with mounting if you have difficulty.
- Before first use, all odometers should be calibrated to tire size. Follow the instructions that come with the odometer to do this. The standard wheelchair tire diameter is 24 inches. Measure your tires to be sure you enter the correct size into the odometer.



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## *Using the Odometer to Track Physical Activity Progress:*

- Use the odometer every day for a week.
- At the end of each day, record your mileage covered.
- At the end of the week, total your mileage and divide by the number of days recorded. This will give you a daily average.
- You don't need to increase your activity level this first week. Simply observe how much distance you cover.
- Each week try to increase your mileage by  $\frac{1}{4}$  to  $\frac{1}{2}$  mile per day. For example, if you average 2 miles per day, set a goal to increase to 2  $\frac{1}{2}$  miles per day the next week and 3 miles per day the week after that.
- Set realistic goals.
- Record your mileage covered each day on your Activity Log.
- 5 miles pushed in a wheelchair is approximately equal to 10,000 steps per day walking and is a great long-term goal to work towards.

Sample log



<b>Physical Activity/Odometer Log</b>					
<b>MOVE!</b>		WEEKLY GOAL: _____	DATE: _____		
	Activity Goal	Distance Rolled Using an Odometer	Type of Physical Activity	Activity Time in Minutes	Goal Met Y/N
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					

Record all physical activity along with the distance rolled each day if using an odometer. Record how long you were active and for how long you planned to be active. Record Y (yes) or N (no) if you met your daily goal. Share this information with your MOVE! healthcare team, and use it to set future goals.

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